

PADABHYANGA

OILING THE FEET

Though you may find this strange that oiling the feet can actually help support you in the sleep department, this practice has been in effect for thousands of years. One quick way to access and calm a hyperactive nervous system is at the soles of the feet. And who doesn't like a good foot rub? Take 5 minutes to discover why this is one the most amazing ways to prepare for bed. You will soon find this to be one of your favorite evening rituals.

1. Prepare by having thin socks and oil next to your bed.
2. Right before you are ready to turn the lights out, sit at the edge of the bed and slowly rub oil on the feet.
3. Be generous with the oil. Rub on the soles of the feet, the toes, ankles and heels. Slowly take your time.
4. End by pressing on the base of the big toe nail. This is a marma point that helps bring excess energy down from the head. Simply press here and hold and breathe slowly 3X.
5. Put your socks on and glide into bed.



